

# Rehabilitation Protocol: Latarjet Coracoid Process Transfer



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Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

**Phase I (Weeks 0-4)**

- Sling to be **worn at all times** except for showering and rehab under guidance of PT
- Range of Motion – True **Passive Range of Motion Only** to Patient Tolerance
  - Goals: 140° Forward Flexion, 25° External Rotation in the 30° abducted position, 60-80° Abduction in the plane of the scapula without rotation, Limit Internal Rotation to 45° with the shoulder in the 30° abducted position
  - Maintain elbow at or anterior to mid-axillary line when patient is supine
- Therapeutic Exercise – No canes or pulleys during this phase
  - Codman Exercises/Pendulums
  - Elbow/Wrist/Hand Range of Motion and Grip Strengthening
  - Isometric Scapular Stabilization
- Heat/Ice before and after PT sessions

**Phase II (Weeks 4-10)**

- Discontinue sling immobilization at 6 weeks post-op
- Range of Motion
  - **4-6 weeks:** PROM → FF and Abduction to tolerance, 45° External Rotation in the 30° abducted position
  - **6-10 weeks:** Begin AAROM → AROM as tolerated: ER/IR to tolerance
    - **Goals:** FF/Abduction > 155°, ER/IR >75° at 90° of shoulder abduction
- Therapeutic Exercise
  - **4-6 weeks:** Being gentle AAROM exercises (supine position), gentle joint mobilizations (grades I and II), continue with Phase I exercises
  - **6-10 weeks:** Progress to active exercises with resistance, shoulder flexion with trunk flexed to 45° in upright position, begin deltoid and biceps strengthening,
- Modalities per PT discretion

**Phase III (Weeks 10-16)**

- Range of Motion – Progress to full AROM without discomfort
- Therapeutic Exercise
  - Continue with scapular strengthening
  - Continue and progress with Phase II exercises
  - Begin Internal/External Rotation Isometrics
  - Push up plus (wall, counter, knees on floor, floor)
- Modalities per PT discretion

**Phase IV (Months 4-6)**

- Range of Motion – Full without discomfort
- Therapeutic Exercise – Advance strengthening as tolerated: isometrics → therabands → light weights
  - 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
  - Return to sports at 6 months if approved
- Modalities per PT discretion

Comments:

Frequency: \_\_\_\_\_ times per week

Duration: \_\_\_\_\_ weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_